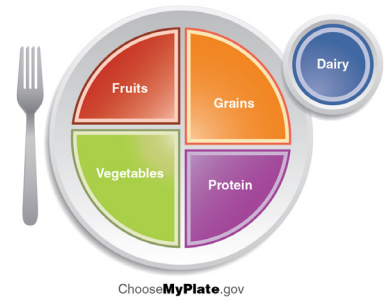


# Fat Facts



Fats have gained a bad reputation over the past several years. Many people have come to think that all fats are bad fats when actually, this is not true. There are specific processes in the human body which require the use of fats, such as brain function and temperature control. It is recommended to consume about 20 to 35 percent of your total calories from fat. It is also recommended to consume less than 10 percent of your total calories from saturated fat and less than 300 mg of cholesterol per day.

## Types of Fat

There are many different types of fat, and it can be confusing to know which ones are the healthy fats and which ones are the not-so-healthy fats. A helpful hint to differentiate HDL “good” and LDL “bad” cholesterol levels is that you want your HDL to be high and your LDL to be low.

- Saturated fats come from animal products. This type of fat increases your LDL cholesterol level, which increases the risk of developing heart disease. It is recommended to consume less than 10 percent of your total calories from saturated fats. *Help reduce your saturated fat intake by purchasing lean meats or trimming the fat off of other meat products.*
- Tran-saturated fats are found in most processed foods to increase their shelf life (i.e., cookies and chips). It is also found naturally in some animal foods, but not in large quantities. Regular consumption of trans fat will increase your LDL cholesterol levels and decrease your HDL cholesterol levels, which will increase the risk of developing heart disease. *Limit the amount of trans fat in your diet.*
- Cholesterol only comes from animal products such as eggs, red meat and poultry. Plant products such as vegetable oils contain no cholesterol. *It is recommended to consume less than 300 mg of cholesterol per day.*

- Monounsaturated fats are found in avocados, certain oils such as canola and olive oil, and nuts such as almonds and cashews. Monounsaturated fats are known to lower your LDL cholesterol, which may reduce the risk of developing heart disease, as well as help you manage blood sugar levels.
- Polyunsaturated fats are found in certain fish such as salmon and fresh tuna, flax seeds, walnuts; certain oils such as corn, soybean and sesame oil; and also in peanuts and soybeans. Consumption of polyunsaturated oils may help lower LDL cholesterol levels and blood pressure levels, which reduces the risk of developing heart disease. Omega-3 and Omega-6 fatty acids are a part of the polyunsaturated fats. Americans generally tend to meet the requirements for Omega-6 fatty acids, but not for Omega-3 fatty acids. Omega-6 fatty acids are generally found in nuts and oils, where omega-3 fatty acids are generally found in fatty fish such as salmon. *Regular consumption of these omega fatty acids are known to have heart and brain health benefits.*

When walking down the baking aisle at the grocery store, it seems like half the aisle is dedicated to different types of cooking oils. It can be hard to remember which oils are good to use and which oils are not recommended. Oils that contain higher amounts of monounsaturated and polyunsaturated fats include:

- Canola oil
- Extra virgin olive oil
- Sunflower oil
- Soybean oil
- Sesame oil
- Safflower oil



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Palm oil and coconut oil contain high amounts of saturated fat and are not recommended as a regular part of your diet.

There are various ways to incorporate oils into your diet. Cooking is one of them. When it comes to cooking with oils, it can be confusing to know which oil is better for browning, stir-frying or lightly sautéing. Different oils have different smoke points and it is important to know which are better when used at higher or lower temperatures. A “smoke point” refers to the temperature at which the oil begins to smoke, which produces toxic fumes and free radicals. These can have unwanted side effects on our body, so it is best to prevent this whenever possible. The following is a list of oils with their smoke point and preferred level of cooking ([clevelandclinic.org](http://clevelandclinic.org)).

- High smoke point oils include almond oil, palm oil, sunflower oil and “light” canola oil. These oils are best when used for searing and browning.
- Medium smoke point oils include canola oil, peanut oil and extra virgin olive oil. These oils are best when used for baking, oven cooking and stir-frying.
- Low smoke point oils include corn oil, sesame oil and soybean oil. These oils are best when used for light sautéing and low-heat baking.
- No heat oils are oils that should not be used in cooking and should instead be used in marinades or dressings. These oils include flaxseed and wheat germ.

## Here are some ways to incorporate more healthy fats into your diet:

- Substitute oil for margarine or butter.
- Use oil-based dressings, such as Italian or vinaigrette.
- Sauté with olive oil instead of butter.
- Add nuts or seeds to salads.
- Add avocados to sandwiches.
- Snack on unsalted nuts instead of chips.

It is important to remember that fats are a necessary part of your diet. Not all fats are “bad,” and some are actually good for your heart. Incorporating different types of healthy fats into your diet, such as the substitution of oil for margarine, is relatively easy. Understanding the differences between all different types of fat is crucial to making smarter food choices.

**Call 402-441-7159 to set up an appointment with a registered dietitian nutritionist to learn more.**



## Avocado and Egg Toast

Ingredients:

- 1 slice whole grain toast
- 1/2 an avocado thinly sliced
- 1 egg, cooked (as desired)

Here's How:

1. Prepare egg as desired. (scrambled, poached, over easy)
2. Toast one slice of bread.
3. Lay avocado slices and prepared egg over toasted bread.
4. Salt and pepper to taste. *Enjoy!*